

A N N U A L   N A R R A T I V E   R E P O R T

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December 1, 1952

to

November 30, 1953

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by

Lucinda E. Hughes

Home Demonstration Agent

Agricultural Extension Service

COCONINO CCUNTY

ARIZONA

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## PREFACE

The following narrative report is a summary of the Agent's activities in Coconino County for the year 1952-1953. A total of 75 days was spent in Coconino County this year; 43 days were devoted to work with 4-H Club members.

I wish to take this opportunity to thank all national, state and county Extension workers who have given their most valuable time and assistance throughout the year.

### HIGHLIGHTS

Fifteen Coconino County women attended the Annual Bi-County Program Planning meeting held at Flagstaff this year. The Sedona Homemakers served as the luncheon hostesses and the Doney Park Homemakers served as the meeting hostesses.

The primary problem which the women are continuously facing is that of having more to do than any ten people can do. With all the labor and time saving devices available to the homemaker today the common tendency is to think that the homemaker should have a great deal of free time, however, this is not true. Today's homemaker has any number of jobs and commitments aside from her supposedly primary job of homemaking. Some of these extra jobs are:

1. Working outside the home for gain.
2. Working with P. T. A. and other youth and civic groups.
3. Working with educational and recreational groups.
4. Distances have been so shortened by improved transportation that there are many family trips and outings.

Because there are so many factors competing for the women's time and talents it is imperative that the Home Demonstration program be both extremely interesting and instructive.

The Home Demonstration program for 1953 was well planned by the women and well participated in by them. Probably the most interesting problem worked on this year was how to remain "calm, cool and collected" when unexpected company arrives. This problem was broken down into two phases for project work; (1) Home Management and (2) Food Service. Each homemaker had her own experiences to contribute to the meetings and all in all the results were highly satisfactory. Other projects worked on this year were:

#### A. Home Management

1. Principles of color and its use  
(related to dining area)
2. Textile painting  
(place mats for dining table)

#### B. Clothing

1. Making of Western Shirts  
(principles of construction)
2. Choosing accessories for individual,  
costume and occasion

3. Use of special apron and toy kits

C. Nutrition

1. The use of the Home Freezer and locker plant  
(Selection and preparation of foods and packaging materials)
2. Use and care of the pressure canner

D. Health

1. Fly and insect control  
(Lecture and demonstration by Public Health Sanitarian)
2. Chest X-ray
3. Continuance of library facilities in rural areas

E. Recreation

Recreation was done in all clubs all year.

Special recreational events were:

1. The Verde Valley family picnic sponsored by the Sedona Homemakers.
2. The Verde Valley luncheon sponsored by the Bridgeport Homemakers, Sedona participating.

Three meetings were held in the Parks and Williams vicinities this year. However, the participation was poor and no clubs have been organized to date in either community.

I. - SITUATION -

During the six and one-half ( $6\frac{1}{2}$ ) years which the Agent has been in Coconino County, there have been a number of developments both in rural home and in the emphasis of the Home Demonstration Program. Some of these changes have been:

1. Rural electrification -

Prior to 1948 neither Parks nor Doney Park and surrounding areas had electricity. The advent of electricity has made many changes in homemaking practices. Naturally, good lighting and electrical appliances have been emphasized in the Home Demonstration Program.

2. Rural telephones -

It is only during the last year that telephone lines have been in the Doney Park area. Parks and Sedona still have only a very few telephones. The Doney Parks Homemakers club was really responsible for their getting telephones there.

3. Indian Service -

This year, 1953, the Indian Service Home Demonstration agent has been working closely with the Coconino County Home Demonstration Agent. Indian Homemakers club leaders attend all leader training meetings and the Bi-County Program Planning meeting. A gradual effort is apparently being made to integrate some of the Indian groups in the overall Home Demonstration work.

## II. and III. - EXTENSION ORGANIZATION AND PLANNING

A well rounded program in Home Economics and Health planned by the women in cooperation with the Home Demonstration Agent is the aim of this agent. Unless the women have a voice in planning the Home Demonstration program they will not give their whole hearted support to that program. The agent feels that Home Demonstration work must be kept on a high educational level, there should be no feeling on the women's parts that something is being "run in on them," and it has been the experience of the agent that if a problem seems paramount to her she can explain it to the women so that they will recognize its importance. The women will then undoubtedly decide to work on some phase of that problem.

### A. Bi-County Program Planning -

Program planning encompasses a wide range of endeavor, from bi-county wide program planning to individual club, community and project planning. Theoretically each county does its program planning in the fall for the coming year. However, club officers, project leaders, and club members are encouraged to be planning all year for the projects which they feel should be done during the next year.

This year, 1953, the women seem to be even busier than in past years. Their problem of getting everything done is a tremendous one. Each homemaker seems to have about twice as much as she can possibly get done. The agent, realizing the crowded schedule and the long distances involved, did not force the organization of a homemakers council. Had the women wanted such a council the agent would have been happy to work with them, but such not being the case Coconino County is still without a Home Demonstration council and probably will be for some years to come.

There are many ways of planning a county Home Demonstration program. The method used by this agent is for:

1. The women of the community and/or club or organization submit their problems or desires for the county program to their clubs.
2. Each organization or club sends four representatives to the Bi-County planning meeting held each fall.
3. Representatives from each group meet at the bi-county program planning meeting to discuss and unify their Home Economics and health problems.
4. Discussion groups (clothing, foods, home management, health) recommend to the agent and the meeting as a whole their recommendations for project work for the coming year.

Each representative comes to the Bi-County Program Planning meeting more or less instructed as to what her group feels is important

for the Home Demonstration program of the coming year. Each group (for example "foods") may recommend as many as four or five problems for immediate action. Depending upon the scope of the problem, one to three in each field may finally wind up on the bi-county program. Two factors have to be taken into consideration in planning the program. They are as this agent sees them:

1. The women's time and abilities.
2. The agent's time.

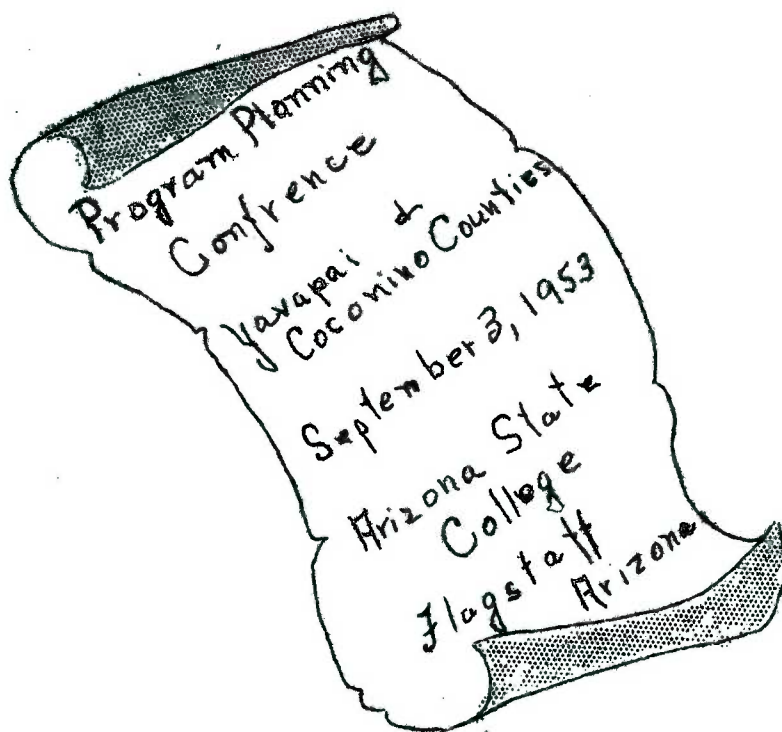
A tremendous effort is made by all Extension personnel to meet the women's needs and to have a well-rounded Home Economics and health program.

The value of Bi-County Program Planning meetings is that:

1. The women have an opportunity to express their own community problems. In this way they actually do plan their own Home Demonstration program.
2. The women have an opportunity to meet and come to know other rural women of both counties. Perhaps one of the greatest advantages is that through informal talking together they come to realize that their own particular problems are not unique, that other groups and individuals have the same problems. It is always less difficult to suffer together than separately.
3. The women come to realize the time limitations of the Home Demonstration agent and that it is not humanly possible for her to do everything that they may want and need that year. They assist in selecting those most pressing problems for immediate action.

This year, 1953, the Bi-County Planning meeting was held in Flagstaff, September 3, 1953. Techniques used this year were:

1. A program for the day with aims and accomplishments of the 1953 program was compiled and given to each woman attending. (Copy attached).
2. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection as some of the women prefer. Since the aim of program planning is for the women to present problems, not solutions, we do not feel that selection from a list of special topics, such as "Mending Made Easier," Eating for Health in Later Life", etc., would accomplish the aim of program planning. For instance we would like to have the women realize that the expected life span is greater today than it was 20 years ago and express the concern



#### AN AIM FOR THE HOMEMAKER

To have the home  
Economically sound,  
Mechanically convenient,  
Physically healthful,  
Morally wholesome,  
Mentally stimulating,  
Artistically satisfying,  
Socially responsible,  
Spiritually inspiring,  
Founded upon mutual  
affection and respect.  
---Lita Bane.





HOME DEMONSTRATION PROGRAM PLANNING DAY  
Yavapai and Coconino Counties  
September 3, 1953 - Flagstaff  
Arizona State College

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9:45 A. M.      REGISTRATION

10:00 A. M.      General Assembly  
Meeting called to order  
Lucinda E. Hughes

10:05 A. M.      Welcome  
Dr. L. A. Eastburn, President  
Arizona State College, Flagstaff

10:10 A. M.      Women's Part in Agriculture  
William Brechan  
Coconino County Agricultural Agent

10:25 A. M.      Polio - Facts and Fears  
Mrs. Lonie M. Holly  
Senior Public Health Nurse,  
Flagstaff Area

10:40 A. M.      Agricultural Policy  
Thomas M. Stubblefield  
Extension Economist  
University of Arizona

10:55 A. M.      RECESS

11:10 A. M.      The Home Economics Outlook for 1953  
Jean Stewart  
State Home Demonstration Leader

11:25 A. M.      Report of 1952-53 Home Demonstration Program  
Lucinda E. Hughes  
Home Demonstration Agent  
Yavapai and Coconino Counties

11:40 A. M.      Division into Discussion Groups  
Chairmen:  
Clothing - Mrs. Paul Roberts  
Nutrition - Mrs. Marie Smith  
Home Management - Mrs. Ray Stenhouse  
Health - Mrs. Esther Butler

11:50 A. M.      RECESS

12:00 Noon      LUNCHEON - Golden Drumstick

1:10 P. M.      Luncheon Entertainment - College  
Chairman - Georgia Etter

1:30 P. M.      Assemble into Discussion groups

2:30 P. M.      General Assembly  
Reading of recommendations by secretaries,  
discussion and adoption of recommendations  
of:

1. Clothing discussion group
2. Nutrition discussion group
3. Home Management discussion group
4. Health discussion group

3:00 P. M.      HOMEWARD BOUND

Hostess Clubs -  
Luncheon - Sedona Homemakers  
General Meeting - Doney Park Homemakers

## PROGRAM PLANNING COMMITTEE AIMS FOR 1953

### RECOMMENDED:

1. To have better fly and insect control.
2. To choose carefully and complete all projects started.
3. To increase meeting attendance through organized nursery care.
4. To increase our efficiency for more happiness in the home.
5. To eat for health, beauty and enjoyment.

### PROGRESS:

1. All clubs had at least one meeting conducted by the County Sanitarian on fly and insect control. These meetings served to alert communities to the problems and dangers of flies and insects.
2. All projects started were completed. However, the agent feels that the shirt making was not of enough general interest to have the most value to everyone.
3. Organized nursery care was done in two clubs this year. Thus making it possible for more young mothers to attend and get the most from the meetings.
4. The entire year's program contributes to increased happiness and efficiency in the home. Specifically the project on Simple Hostessing will make the greatest contribution to happiness in the home.
5. The study of the home freezer, its uses and advantages, contributed markedly to increased enjoyment of meals as well as to better meals.

In general the agent feels that the 1952-53 Home Demonstration program has increased a feeling of poise and ease in our every day living.

Co-operative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the U. S. Department of Agriculture co-operating.

Prescott, Arizona  
September 3, 1953

of how they can make those added years profitable and enjoyable, not just something to be "gotten through". It is truly easier for the women to select subjects than to recognize problems. Each year the women grow "a little bit" and show improvement in their abilities to recognize problems. This type of program planning problem recognition helps the women to grow in their leadership activities.

3. Mr. T. M. Stubblefield, Extension Economist, University of Arizona, talked to the women about some of the most pressing agricultural economic problems. He explained that farmers and ranchers are caught in declining prices while the prices of consumer goods are not correspondingly dropping. He pointed out that the avenue of correcting this situation is government action including price support.
4. Mrs. Lonie M. Holly, Coconino County Public Health Nurse, gave an educational discussion on the facts and fears of polio. She explained to the women that there are actually three kinds of polio and no one treatment for all; each must be treated differently. Mrs. Holly also discussed the new gamma globulin vaccination and treatment for polio. Then, too, she discussed the need of good health practices in prevention of diseases as well as the need for early recognition of diseases.
5. Each community was surveyed by the clothing leaders prior to the meeting. The results were used in the final planning.
6. The Coconino County Agricultural Agent spoke to the women on their responsibilities regarding possible new farm programs. He emphasized the fact that many questionnaires, meetings and reports would be requested of all ranchers and farmers; that it was the women's responsibility to see that appropriate action was taken in all cases. Some of the new policies which Mr. Erechan indicated would be considered in these new bills were:
  1. Farm income, stability and improvement.
  2. Production and marketing improvements.
  3. Conservation of land resources.
  4. Capital needs of agricultural credit problems.
  5. Trade or aid -  
Foreign trade versus outright grants to foreign countries.

7. The State Home Demonstration Leader discussed the family cycle. The needs of the:

1. Beginning family
2. Expanding family
3. Launching family
4. Contracting family

She emphasized that in planning we must consider the family needs in the community.

8. The sifting committee met immediately after the general meeting. Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To prepare economical, well balanced meals.
2. To eat for health, beauty and enjoyment.
3. Better management of sickness and accidents in the home.
4. To better prepare ourselves for emergencies in the home or community (civil defense).
5. To increase our efficiency for more happiness in the home.

Recommendations of the various groups for project work and study in 1954 were:

1. Home Management:

- a. Can the homemaker's bank roll be stretched by good management?
- b. Safety in the home - electricity.
- c. Window treatment and draperies.
- d. Hobby craft - Metal.

2. Health:

- a. Home nursing (for civil defense)  
Early recognition of diseases  
Isolation techniques
- b. First aid in home accidents  
Sprains - broken bones - bruises  
Civil Defense - poisoning

3. Nutrition:

- a. Cooking broiler meals.
- b. One dish meals and meals that can wait.
- c. How to prepare quick meals.
- d. Outdoor cookery.
- e. Scientific knowledge of nutrition.

4. Clothing:

- a. Materials - types and care (new textiles).
- b. Sewing machine clinic.
- c. Simple sewing -
  - Repair
  - Remodeling
  - Decorative finishing techniques
- d. Storage of furs -
  - Prevention of moth ball odor
- e. Fitting of clothing.

A mimeographed report of the Bi-County Program Planning meeting was sent to each woman attending the meeting and to all club presidents throughout both counties. (Copy attached). This report served as a reiteration of the topics discussed at the planning meeting as well as giving the presidents a tentative idea of what the final 1954 Home Demonstration program would be.

One of the advantages of publishing the meeting report soon after the Bi-County Program Planning meeting is that all those attending are made doubly conscious of the part which they and their community played in planning that program. They realize that in many cases their own recommendations for the county program are actually being followed.

Leader Programs, 1953 -

Last year two subjects were covered by local leaders. They were:

1. Freezer problems -

- a. Preparing foods for the home freezer - how and why.
- b. Packaging materials.

2. Hostessing and entertaining -

- a. Good housekeeping practices.



COOPERATIVE EXTENSION WORK  
in  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
And Coconino County Cooperating

Flagstaff

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

September 9, 1953

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The fifth annual Yavapai and Coconino Counties Home Demonstration Program Planning day was held at the Arizona State College, Flagstaff, from 10:00 a.m. to 3:00 p.m., September 3, 1953. Thirty-one county representatives of homemakers' clubs, county representatives and Extension staff were present.

The Program Planning meeting was called to order at 10:25 a.m. by Lucinda E. Hughes, Home Demonstration Agent for both counties. Mrs. Lonie M. Holly gave an educational discussion on the facts and fears surrounding the incidents of polio. She explained to the women that there are actually three kinds of polio and that to date there is no one standard inoculation nor treatment for all three kinds. Each must be treated differently. Mrs. Holly also discussed and explained the new gamma globulin vaccination and treatment for polio. At the conclusion of Mrs. Holly's talk a film strip "Polio - Facts and Fears" was shown.

William M. Brechan, Coconino County Agricultural Agent spoke to the women on their responsibilities regarding possible new farm programs. He emphasized the fact that many questionnaires, meetings and reports would be requested of all ranchers and farmers; that it was the women's responsibility to see that appropriate action was taken in all cases. Some of the new policies which Mr. Brechan indicated would be considered in these new bills were:

1. Farm income, stability and improvement.
2. Production and marketing improvements.
3. Conservation of land resources.
4. Capital needs of agricultural credit problems.
5. Trade or Aid -  
Foreign trade versus outright grants to  
foreign countries.



Miss Jean Stewart discussed the family cycle. The needs of the:

1. Beginning family
2. Expanding family
3. Launching family
4. Contracting family

She emphasized that in planning we must consider the family needs in the community.

Mr. Thomas M. Stubblefield, Extension Economist, University of Arizona, explained some of the most pressing agricultural economic problems. He explained that farmers and ranchers are caught in declining prices while the price of consumer goods are not correspondingly dropping. He pointed out that the avenues of correcting this situation exist in government action including price supports.

Miss Hughes briefly surveyed the aims and accomplishments of the 1952 adult Home Demonstration program.

A delightful fried chicken dinner was served at the Golden Drumstick restaurant. Mrs. Georgia Etter, Sedona, directed group singing at the conclusion of the luncheon.

At 1:45 p.m. the women divided into discussion groups. They discussed in the various fields of the Home Demonstration program and made their recommendations for the 1953 Home Demonstration Program. Chairmen of the discussion groups were:

- Clothing - Mrs. Paul Roberts
- Nutrition - Mrs. Marie Smith
- Home Management - Mrs. Ray Stenhouse
- Health - Mrs. Marion Jones

Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To prepare economical, well balanced meals.
2. To eat for health, beauty and enjoyment.

3. Better management of sickness and accidents in the home.
4. To better prepare ourselves for emergencies in the home or community (civil defense).
5. To increase our efficiency for more happiness in the home.

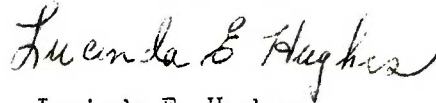
Recommendations of the various groups for project work and study in 1954 were:

1. Home Management:
  - a. Can the homemaker's bank roll be stretched by good management.
  - b. Safety in the home - electricity.
  - c. Windowtreatment and draperies.
  - d. Hobby craft - Metal
2. Health:
  - a. Home nursing (for civil defense)  
Early recognition of diseases  
Isolation techniques
  - b. First aid in home accidents  
Sprains - broken bones - bruises  
Civil Defense - poisoning
3. Nutrition:
  - a. Cooking broiler meals.
  - b. One dish meals and meals that can wait.
  - c. How to prepare quick meals.
  - d. Outdoor cookery.
  - e. Scientific knowledge of nutrition.
4. Clothing:
  - a. Materials - types and care (new textiles).

- b. Sewing machine clinic.
- c. Simple sewing -
  - Repair
  - Remodeling
  - Decorative finishing techniques
- d. Storage of furs -
  - Prevention of moth ball odor
- e. Fitting of clothing.

I hope that this report covers everything and that the enclosed proposed plan of work for 1954 will be satisfactory with all concerned.

Sincerely yours,



Lucinda E. Hughes  
Home Demonstration Agent

Proposed plan of action to answer this year's problems. Home Demonstration Program for 1954. (This is tentative and will have to be okayed by the State office).

JANUARY	- Health	
	Early Recognition of Diseases	AGENT and NURSE
FEBRUARY and MARCH	* Home Management Window Treatment and Drapery making	AGENT SPECIALIST and LEADER
APRIL	- Nutrition	
MAY and JUNE	Broiler meals Nutrition - economical meals that can wait One dish meals Pre-planning	
JULY and AUGUST	- Sewing machine clinics Club and bi-county program planning Verde Valley picnic (Sedona)	AGENT and CLUB
SEPTEMBER and OCTOBER	- Clothing Simple repair, mending New type materials, characteristics and care	LEADER and AGENT
NOVEMBER	- For clubs to decide. Could be:	
	1. More on health, care of accidents, etc.	
	2. Safety in the home, electricity	
	3. Talk by economist	
	4. Making of Christmas presents Aluminum trays Cards Aprons Stuffed toys, etc.	
DECEMBER	- PARTY	

b. Linen

Ironing and storage

c. Silverware

Cleaning and storage

Clubs carried five months of their own programs in addition to their leader meeting. The projects which clubs were to cover in their own meetings were recommended by the County Home Demonstration program but unless the agent was particularly requested to assist all arrangements were left to the individual clubs. This procedure is followed by the agent because:

1. It develops responsibility and a sense of achievement on the part of the club president.
2. It lets club members and communities realize that they can function without the agent's presence or assistance.
3. It gives an opportunity for clubs to indulge in purely local problems or projects.
4. It makes everyone feel that the club is their's, not the agent's.

This year some of the local problems worked on by the clubs were:

1. Club program planning and bi-county recommendations for the Home Demonstration program.
2. Fly and insect control.
3. Christmas suggestions.
4. Toy suggestions (kit from County Office).
5. Christmas party.

The agent met with the clubs five months this year. The projects covered were:

1. Principles of color - application to dining table, linen and dishes.
2. Textile painting - stenciling, cutting, and painting of one place mat to match china and room decoration.
3. Choosing accessories for varying occasions.
4. Simplified hostessing - emphasis on foods.
5. Clothing - principles of western shirt making.

The agent feels that it is essential that she meet with the individual clubs at least this often. In fact, the women felt slighted this fall because it was physically impossible for the agent to meet with them more often.

B. Family Community Program Planning -

For the past three years two areas in Coconino County have done this type of planning in addition to our bi-county and club Home Demonstration program planning. However, this year it was decided to not hold such planning meetings by both agents in the county. Some of the reasons for this decision were:

1. The women felt that it was a duplication of effort on their part.
2. In order for Family Community Program Planning to successfully function it is necessary that the meetings be held prior to the early September Bi-County Home Demonstration Planning meeting. This date (last of August) is the busiest time of the year for the farmers of this area; it is during the harvest season. People have to have leisure from work and worry if they are going to do a satisfactory job of planning for the next year.

C. General Program Planning -

On three different occasions the agent attempted to reorganize clubs in Parks and Williams. However, the participation was so poor that no clubs were organized this year.

At the present time the agent is working with two Homemakers Clubs, one LDS group, two loosely gathered Homemakers groups (Williams and Parks), and two Indian Service groups (Bellemont-Navajo and Bellemont-Hopi). By cooperating and working with all of these groups the agent is reaching a large number of the ranch and farm people of the group. During the first six months of 1953, the agent met regularly with still another Homemakers Club, that of East Flagstaff. However, in July this group decided to abandon their club because of lack of participation.

The various clubs in the county, Homemakers Clubs, LDS, Kiwanis, Farm Bureau and other civic groups, have all responded to the youth needs of the county. Whenever there is an opportunity they have actively sponsored the 4-H club program in their own communities and/or in the county. Their sponsorship has taken the form of:

1. Supplying and finding leaders.
2. Assisting the leader by letting her know the entire club is behind her.
3. Supplying funds for community, county, and state events.

4. Supplying project materials for discerning club members.
5. Attending and giving Recognition Dinners and other events such as achievement programs, picnics, etc.

IV. - INFORMATION PROGRAM -

A. Photographs -

The agent took approximately 100 colored slides this year. These were primarily for use in 4-H club work.

B. Newspapers -

The agent does not have a regular news column. However, any and all articles or publicity recommended by the agent is gladly accepted by the paper here in Flagstaff. All timely articles which are applicable to Coconino County sent to the agent by the State office are passed on by the agent to these papers. These articles are gratefully received by the agent since time for writing is such an item.

C. Visual Aids -

Movies, colored slides, flannel graphs, and other types of visual aids are used regularly by the agent.



V. - CLOTHING AND TEXTILES -

The problem of home construction of clothing for self and others is and always will be present. Clothing construction is not a problem which is ever solved; it is always so with us. This year, 1954, the agent would like to have some special interest classes for experienced seamstresses, to teach them how to teach sewing to beginning and unexperienced sewers. There are always new homemakers and inexperienced seamstresses in each community that need special help and instruction. The purpose of such classes would be:

1. To have one or two women in each community that the agent could refer beginners to.
2. To assist young and inexperienced sewers with clothing construction problems.
3. To increase interest in home sewing. We always enjoy doing that which we know more about.

It is believed by the agent that such specialized training would be very helpful in all communities.

Another problem which the agent is continuously running into is the large number of unknown brands of sewing machines on the market today. The specialist has been most helpful in recommending procedures for advising homemakers wishing to purchase a new machine. Naturally we cannot tell homemakers what brand to buy but we can and do recommend certain standard procedures for purchase of any piece of equipment. Probably the most important thing to check when buying a sewing machine is the availability of parts and service.

The new textiles and combination fibers are really presenting a problem to the average homemaker today. The women want the characteristics of the nylon, dacron and orlan materials which they read about, but they have difficulties constructing garments from them. One of the big problems is for the homemaker to find linings, inner facings, shoulder pads, etc., that do not destroy the characteristics of, for instance, the coat which she wishes to make out of orlan material. They learned their tailoring and better dress making lessons well and feel that those principles must be applied in all similar items, as indeed they must.

As a general statement the agent feels justified in saying that there are a number of women in each community in the county that have become expert seamstresses as a result of our Home Demonstration clothing program during the past three years.

A. Western Shirts -

For the past two years the clothing project for the county has been conducted through special interest groups; Tailoring and Better dress Making. This year the agent felt that it would be advisable for her to give method demonstrations at club meetings rather than to have special interest groups. Consequently, the pro-

ject, Making of Western Shirts, was done in method demonstration club meetings this year. The points emphasized were:

1. Pattern measurement (comparing to old, well fitting shirt).
2. Stay line stitching of shirt decoration.
3. Putting on the decoration and placket facing for the cuff.
4. Attaching the cuff.
5. Making and attaching the pockets and pocket flaps.
6. Interlining collar, collar band and cuffs.
7. Attaching collar to band and band to shirt.
8. The making of flat fell seams.

Quite naturally a few of the women were not interested in making shirts. However, the techniques of stay line stitching, putting in the placket and facings and making and attaching pockets were helpful to everyone that sews. Women who know how to sew could readily follow the method demonstration of shirt making. Approximately 45 western shirts were made as a result of these meetings.

One of the big problems which the women have in western shirt making is procuring a good pattern. None of the better known pattern companies have western shirt patterns which have the characteristics that the men like. The clothing specialist recommended two solutions to this problem. First that they carefully rip an old shirt which has the desired fit and use this for a pattern, and second she gave them the name of a lady in Globe, Arizona, from whom they could get patterns made to order. Several of the homemakers ordered these patterns and were well satisfied.

Although these shirt making demonstrations were for western shirts many of the women applied the principles to ordinary dress shirts and are now making shirts for their husbands. Then, too, nearly every boy and girl in the county wears western shirts to a greater or lesser degree and the women find that they can really save money by making their childrens' shirts. The regular pattern book western shirt patterns, in most cases, are satisfactory for the younger members of the family.

B. Accessories for the Individual -

One of the big problems in Arizona today as far as appearing well dressed, is the number and type of accessories which the girls and women select to wear with various costumes. Such a practice as is common right now, that of wearing too much jewelry, is probably related to the active interest that we have in all things Indian, from necklaces to rugs. This Indian influence has spread to almost every type of costume, some very good and some excessively bad. In an effort to counteract this "bad or poor" accessorizing tendency the women asked to study accessories this year. The aims of this project were:

1. To improve the personal appearance of rural women and girls.
2. To help the women have a basis for judging and planning how to accessorize their's and their children's basic garments.
3. To encourage being well dressed on a limited income (wise selection).

The procedure for the meetings was:

1. Emphasis was given to accessories themselves; that they go with each other and with the basic garment.
2. Emphasis was given to accessories in relation to the individual wearing them as well as with the basic garment and each other.
3. The various types of individual body builds were discussed. Principles were given for these various individual characteristics but it was also brought out in the discussion that each person might and probably does have a combination of these characteristics. That each person's problem, of appearing at her best, undoubtedly involves the apparent hiding of a number of undesirable characteristics and the pointing up of one or more desirable ones.
4. After the conclusion of the formal demonstration the women divided into groups and accessorized garments provided by the agent. The chairman of each group then discussed the accessorized garment and graded it according to the score card provided. The bulletin, "Accessories", written by Helen Church, Clothing Specialist, was used for these meetings.

It was interesting to the agent to note how conscious some of the women became regarding the jewelry which they wore at the meetings. Naturally, however, no personal reference was made to anyone's costume. All remarks were kept very objective so that no one's feelings could possibly be hurt.

The need for meetings on accessories has been showing up in our work with 4-H club girls the last few years. The women attending these meetings expressed the feeling that they would be better able to teach their own girls and the girls in their communities to be better dressed in the future.

## VI. - NUTRITION -

The nutritional status of ranchers and farmers in Coconino County is high. We have very few cases of disease directly traceable to poor nutrition. The weight control studies which we did two years ago as a county-wide project are still having a noticeable effect. The women are conscious of their weight, especially those who are over-weight. Then, too, our studies last year on the nutritional value of casserole dishes has been most helpful. The women realize that there are many important nutrients in the food which we eat. Although the average homemaker does not know all about these nutrients, the fact that they do know that important nutrients are present in food, and that nutrients must be preserved in the cooking process is very important. It is easier for homemakers to follow correct food preparation directions if they can understand why.

### A. Food Selection and Preparation -

#### Simple Hostessing

The object of this work on nutrition in connection with simple hostessing was:

1. To assist homemakers in being an "easy hostess".
2. To suggest simple food preparation short cuts.
3. To improve nutrition by proper cooking practices.
4. To teach women to use the broiler portion of their stoves.

Since these nutrition meetings were in conjunction with the entire project of Simplified Hostessing the procedure for the meetings was:

1. Discussion of good housekeeping practices.
2. Discussion of table service
  - a. Centerpieces
  - b. Type of table service
  - c. Precaution for each kind of service
3. Food Preparation
  - a. Complete hot foods for a broiler meal.
    - (1) Ground beef patty with bacon strip
    - (2) Broiled tomato
    - (3) Broiled onion
    - (4) Seasoned cooked vegetable in the broiler pan

b. White sauce mix

(1) Making white sauce from mix

4. Discussion of other short cuts and mixes for the kitchen shelf.
5. Summary of all points of importance.

Good milk is a problem in some areas of the county. The dry skim milk white sauce mix was enthusiastically received by 95% of the ladies. Those that normally buy bottled milk or canned milk could see a money saving as well as a time saving factor involved.

The use of the broiler to prepare either 1) a quick meal, 2) a one dish meal, or 3) a meal that can wait was really an innovation to the women. In the majority of cases the women, when they buy a new stove, insist on all the latest improvements including the best broiler. Then they try it once and for any number of reason may never use it again. Some of the reasons given for not using the broiler were:

1. Too hard to wash the pan.
2. Meat, etc., being broiled burns and smokes.
3. Oven too hard to clean.
4. Too much trouble.
5. Meats become too dry.

Actually when the agent demonstrated that an entire meal could be prepared in the broiler with no smoking and burning the women were anxious to get home and try their own broilers. It is still too early to tell exactly how many women will start using their broilers more or less regularly but the enthusiasm indicated that at least 50% would use them alot and probably 25-30% would use them occasionally.

Precautions in the use of the broiler were:

1. Have a steady source of heat. Therefore the oven door must be open slightly in at least 95% of the stoves.
2. Control the amount of heat. Use either low heat or have food to be broiled 4-6 inches from the source of heat.
3. Line bottom of broiler pan with aluminum foil.



4. Cut all food in sizes relative to the cooking time of your meat. You want everything to be done at the same time.

The women were very interested in the seasoning and heating of cooked vegetables in the broiler pan. At least 90% of them had never seen this done before. They could all see the nutritional value of such a cooking plan as well as the ease with which broiling can be done. Mimeographed material was compiled and distributed at these meetings.

## B. Food Storage and Preservation -

### 1. Canning -

Since the advent of the home freezer the amount of canning in Coconino County has decreased. Very few people can meat and chicken. An ever increasing number of homemakers are selecting specific foods which they no longer can. About 100% freeze their strawberries while only about 50% freeze peaches.

Pressure canners were tested again this year as the occasion demanded. Homemakers bring their pressure cooker lids to the office for this free service. No county-wide clinics were held. Newspaper publicity brings those whose canners need testing to the office.

This year, 1953, was a poor year for fruits and vegetables in Coconino County. A late freeze this past spring killed about 50% or more of the fruit. Consequently any fruit available was really too expensive for canning. Due to the cold spring, and late summer infestation of pests, gardens were poor and very late. Some of the garden produce was just becoming ready for use when the first freeze came. For these reasons, 1) late spring, 2) garden pests infestation, and 3) early fall frosts, there has been a shortage of low cost fruits and vegetables for preservation.

### 2. Home Freezing -

This year, 1953, the State Nutritionist held a three day food preservation school for all agents. The objects of this school were:

1. To teach and review the principles of food freezing.
2. To teach and review all the latest research in freezing.
3. To teach and review information regarding packaging materials.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
P. O. BOX 388  
PRESCOTT

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND YAVAPAI COUNTY COOPERATING

October 1953

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

## SIMPLE HOSTESSING

Planning is the important thing. Plan so that you always have certain standby foods on hand. Plan so that you know how to prepare and serve these foods with a minimum of effort.

### General Suggestions

1. Keep a jar of a fat and flour mixture (called a roux) made up and stored in your refrigerator to use as thickening for sauces and gravies. Use equal amounts of fat and flour and blend them well. To use, measure out  $1\frac{1}{2}$  tablespoons of roux to a cup of liquid for a thin sauce and 3 tablespoons to a cup of liquid for a medium sauce. Stir the roux into the hot liquid and keep stirring until thickened.
2. Make up refrigerator dough and have it on hand for quick cookies. This may be frozen and kept for as long as three months.
3. If you have a home freezer keep on hand a favorite casserole dish, pie, and rolls ready for the oven at a moment's notice.
4. Keep a file of easy to prepare dishes, the ingredients for which you would always be likely to have on hand.
5. Have a few short order favorites in your file which can be made up as each group of the family is ready to eat.
6. There are some casserole dishes and other foods which can be kept hot for a few hours without the loss of quality. Have recipes for these in your files.
7. Do not experiment with a new complicated recipe for unexpected guests or special occasions. Stick to the tried and true. You'll have time to enjoy your guests.

### Emergency Shelf

Ready mixes (commercial or homemade)

Jelly

Pickles and relishes

Olives

Salad dressings - sauces, etc.

Extra coffee and tea

Other staples which you may like to use



### Broiler and Oven Meals

Broiler and oven meals are easy to prepare and serve. Here are a few suggested menus:

- No. 1      Fruit Juice  
            Hamburger patties with bacon  
            Lima Beans - Broiled sliced Onion  
            Broiled sliced tomato with cheese  
            Rolls or toasted garlic bread  
            Fruit - cookies
- No. 2      Tomato Juice  
            Broiled chicken (Start with boney side up)  
            Mexican corn  
            Green or tossed salad - Tart Jelly  
            Broiled grapefruit

Broiled chicken is delicious when dipped in seasoned salad oil before broiling. Baste with this same mixture.

- No. 3      Baked spam, veal or beef load with sauce\*  
            Baked potatoes  
            Buttered spinach with lemon  
            Fruit and cottage cheese salad  
            Hot rolls, biscuits, or cornbread  
            Ice cream, jello or jelly roll

\*Sauce for spam. 1/4 cup brown sugar, 1/4 cup vinegar, mustard to taste. Pour this sauce over the spam while baking.

### Simple Mixes

These may be kept on the cupboard shelf for as long as six months if cooking fat which needs no refrigeration is used. Jars must be tightly covered.

#### Non-Fat Dry Milk White Sauce Mix

- 1 cup butter or margarine
- 1 cup all-purpose flour
- 2 cups non-fat dry milk

Place all ingredients in mixing bowl; blend with pastry blender until the consistence of cornmeal. Store in a tightly covered container in refrigerator.

#### Thin White Sauce

- 1/4 cup mix
- 1 cup water

#### Medium White Sauce

- 1/2 cup mix
- 1 cup water

#### Thick White Sauce

- 1 cup mix
- 1 cup water



4. To be sure that all agents were making the same recommendations with regard to preparation and packaging of foods for the freezer.

This school was advantageous especially to newer agents. Agents that had more experience with frozen foods were glad to share their experiences in this field.

Leaders were trained by the agent in the county to conduct leader meetings on freezing this year. All leaders attending these leader training meetings had their own home freezers and have had experience in its use. The agent felt that this was a necessary requirement for such a leader. A mimeographed bulletin was compiled by the agent and distributed to all leaders and through these leaders, to all the women attending their meetings. Over 75 copies have also been distributed from the county office. (Copy attached).

The objects of the leader training meetings were:

1. To discuss and demonstrate packaging materials.
2. To discuss and demonstrate proper packaging techniques of:
  - a. Fruits
  - b. Vegetables
  - c. Eggs
  - d. Meats and Poultry
  - e. Planned leftovers and specialty foods
3. To instruct and train the leaders so that they in turn could relay the information to their clubs.

The agent prepared and packaged:

1. Fruit in syrup
2. Corn - cut off the cob
3. Hamburger
4. Pork chops
5. Cut up fryer
6. Roaster

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AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

YOU AND YOUR HOME FREEZER

By  
Lucinda E. Hughes  
Home Demonstration Agent

Your home freezer, well stocked, can be your best friend. You can save money by buying foods in quantity and preserving them for future use. You can save work during busy times by preparing foods in advance. You can decrease the day by day drudgery of three meals a day, day after day by planned left overs, double recipes, and cooking when you are "in the mood."

Foods to Freeze

1. Fresh vegetables and fruits
2. Meat, fish, game, poultry
3. Bread, rolls, pasteries, cakes
4. Ice cream and sherberts
5. Combination main dishes
6. Sandwiches
7. Entire meals for the family
8. Dairy products such as 40% cream, butter and eggs
9. Party delicacies

Precautions for Food Selection

1. Use only first quality foods for freezing  
(Rancid butter becomes more rancid, old eggs older, etc. during storage)
2. Use pure extracts and flavorings. Synthetic flavors often become bitter during freezing
3. Use double acting baking powders if batters are to be frozen.
4. Strong spices such as pepper, onions, garlic and cloves tend to become more pronounced. Mild flavors tend to fade, ie salt
5. Some foods have texture changes so do not freeze satisfactorily
  - a. Hard cooked egg white becomes tough
  - b. Raw vegetables lose crispness
  - c. Mayonnaise separates
  - d. Cream sauces tend to separate. Use broth or 1 teaspoon gelatin per cup of liquid
  - e. Boiled potatoes tend to become mushy and dark

- f. Custard pies "weep" and are unsatisfactory when frozen
  - g. Smoked meats tend to lose flavor. They become more and more unpalatable
6. Beef ages slightly during freezing, therefore do not age beef more than two or three days if it is to be stored over six months.

#### Precautions for Packaging

1. Use only moisture-vapor proof wrappings and containers for packaging foods for the home freezer. Avoid freezer burn
2. Remove as much of the air from the package as possible
3. Follow carefully recommended procedures for preparing and packaging all foods for the home freezer, ie
  - a. Blanch vegetables
  - b. Add sugar or sugar syrup to most fruits
  - c. Trim excess fat and bones from meat
4. Seal packages by either heat or drug store wrap. If necessary use locker tape to secure seal
5. Protect cellophane and aluminum foil with stockinette
6. Label packages with name of food and date plus any special facts about its preparation, use, etc.

#### How Much to Freeze at One Time

Your home freezer can adequately freeze only about one-tenth to one-fifteenth its capacity at a time within the 24 hour period allowed. This means, in a 20 foot freezer you can successfully freeze about 60 pounds of meat, or 70 pounds fruit and syrup, or 40 pounds vegetables at one time.

#### Meals from the Freezer

- |           |   |
|-----------|---|
| Lunch --  | <ol style="list-style-type: none"> <li>1. Vegetable beef soup, toasted cheese sandwich, frozen peaches, iced coffee or milk</li> <li>2. Soup, scrambled eggs, toast, butter, cookies, milk</li> </ol>   |
| Dinner -- | <ol style="list-style-type: none"> <li>1. Fried chicken, french fried potatoes, buttered peas (tossed salad*) apple pie, coffee or milk</li> <li>2. Meat loaf with chilli sauce (rice*) string beans, fruit salad, hot rolls, butter, layer cake, coffee or milk</li> </ol> |

(\*) Not frozen



## NOTES

1. Try making your whipped cream with powdered sugar instead of granulated sugar - makes beautiful frozen snow-peaks and no chance for them to get watery. Whip the entire half pint of cream at one time and freeze the left over.
2. Freeze pie crust in circles to fit your favorite pie tin, separate with two layers cellophane, package and freeze. While you are making the filling the crust will thaw and bake.
3. Family-sized amounts of soup can be frozen in coffee tins. Seal edges with freezer tape. Be sure coffee tin is well washed and aired.
4. Drop a cranberry or a red or green maraschino cherry in your ice cubes before freezing. Freeze left over coffee and tea for use in iced tea or coffee, cools while weakening.
5. Buy several kinds of bread at your local "day-old" bread source and repackage in mixed loaves. Result: variety each meal and no stale bread.
6. Cook up a big batch of apple sauce and freeze in ice-cube trays as apple sauce cubes. One cube is a nice accompaniment for the meat course - two or three cubes make dessert.
7. Freeze a can of fruit cocktail for a jiffy salad or dessert. Slice while still icy, a topping of whipped cream and it's dessert, a topping of mayonnaise or fruit dressing and it's a salad.
8. When using sheet wrapping material or plastic bags with liquid or semi-solid foods, use a box or pan as a form until the product is frozen solid. More regularly shaped packages this way.
9. Freeze meat drippings for stews and gravies later on.
10. Freeze unbaked pies and frosted cakes before packaging. This makes packaging easier.
11. Wash plastic bags and other re-usable freezer wrapping materials with soap and water. Rinse well, dry and store for future use.

## BULLETIN REFERENCE

Home Freezing Fruits and Vegetables - Home & Garden Bul. #10  
Chicken in the Freezer - USDA Leaflet #279  
Freezing Meat & Poultry Products - Home & Garden Bul. #15  
Making Velva Fruit at Home - USDA - AIS 22  
The booklet which comes with your home freezer

7. 25-30 specialty foods

The first six items were prepared and packaged at the Leader Training meeting, but the specialty foods were brought to the meeting already prepared and packaged. Each food was opened and looked at by the leaders. Some of the unusual frozen foods were:

1. Lemon slices
2. Lemon juice
3. Egg cubes
4. Cookies
5. Pies
6. Cakes
7. Pie crust, rolled and cut to fit the pan.  
This was frozen flat.
8. Whipped cream blobs
9. Casserole dishes
10. Bread, rolls, etc.

Preservation of foods through freezing is rapidly taking the foreground in food preservation in the county. This is undoubtedly due to the ease and rapidity with which foods can be prepared for the freezer, as well as the fact that many foods taste better frozen than they do canned. Still another factor which makes freezing of foods so popular is that the homemaker can prepare foods ahead of time for use during busy times.

VII. - HOME FURNISHINGS AND SURROUNDINGS -

A. Color and Its Application

Each year the Coconino County Home Demonstration program studies some phase of housing improvement. Particular reference and work is then done in that area. For example:

1. In 1951 emphasis was put on the kitchen area and storage.
2. In 1952 emphasis was put on the living room area. The women learned about upholstery fabrics and actually re-upholstered chairs.
3. In 1953 emphasis was put on the dining area and textile painting of place mats.

By following a logical plan of unit improvement of the home the women have an opportunity to study as they would normally work, a small space at a time.

The aims of this year's home improvement project were:

1. To improve the appearance of the dining area.
2. To indirectly improve family nutrition.
3. To improve the appearance of the home as a whole.
4. To teach line, design and color through textile painting.

The two month project was divided into a number of phases. They were:

1. A discussion of color and color terms.
2. Showing and discussion of the film strip "A Recipe for Color".
3. Guides to selecting color. (Primarily related to dining area in this division.)
  - a. Interior decoration of walls, drapes, etc.
  - b. Color and type of furniture.
  - c. Color and type of china.
4. Selection of appropriate material and design for place mats to fit each type of china.
5. Actual making and painting of one place mat by each homemaker.



The agent prepared various textile painted place mats. These mats were designed to go with the various types of dishes in common use; from pottery to the very finest china. Designs, fabrics and colors were all considered. Each woman brought a cup and saucer from her favorite set of dishes and decided upon both the fabric, fabric color and type of design which she thought best went with her particular dishes. The agent endeavored at all times to be sure that the women were considering their dining area as a whole as well as the dishes involved. An interesting remark was made in this connection. The agent had designed a white organdy place mat with a green ivy leaf design to go with a fine white china of this design. One of the women said, "But I couldn't use organdy on my yellow topped chrome table, the color would show through." The agent hastened to remark, "Neither would you be using fine china on a table of this sort unless you had the top completely covered with a linen cloth, would you?" An occasional more or less unconscious remark such as this by some homemaker serves to illustrate to everyone present the importance of considering the whole room in general as well as a small segment specifically.

Home Economists are continuously astounded and critical of the fabrics which women textile paint. For instance the bath towel with the large birds in daubs of hard gaudy paint. No one could possibly use such a towel. The agent felt that since women are going to textile paint it was advisable to teach them the best uses that could be made of this art as well as its correct use. An important secondary feature of these art crafts which the women do with their hands, is that crafts have a definite therapeutic value. In these classes emphasis was given to:

1. Proper selection of fabric.
2. Proper selection of design.
3. Proper selection of use.

The women, in most cases, decided that textile painting could best be used on:

1. Table linens and some other household fabrics.
2. Drapes, curtains, and bedspreads.
3. Specialty dresses and costumes (children's and adults).

The women agreed that in most cases sofa pillows, bath towels and dish towels and the like would be impractical if textile painted. A leaflet on textile painting was compiled by the agent for the use of the women. (Copy attached)

## EQUIPMENT FOR TEXTILE PAINTING

The question of what to buy for stencil painting and where to buy it has always been a problem; because no set of paints adequately covers the subject.

Many of these items may be picked up around the house, others may be purchased at the variety or paint store, and some of the hard-to-get items I have bought in quantity so you may have them at the price that I paid. These are indicated on this sheet by \*\*.

BOX, DRAWER, OR TRAVELING CASE - large enough to hold all equipment.

PENCIL - medium lead, well sharpened.

RULER - 12 inch.

CARBON PAPER - few sheets (may have been used).

THUMB TACKS AND PINS.

RAZOR BLADE - one edge or cutter.

BLOTTER - any blotter may be used that is larger than the design to be painted. Large blotters may be bought to cover entire board.

TOOTH PICKS, APPLICATOR STICKS, MATCHES - for removing paint from the jars and mixing it.

DRAFTING TAPE or gummed brown paper tape.

\*\*TRACING PAPER - thin paper for tracing new patterns.

\*\*STENCIL PAPER - the oily cream-colored protection sheet fastened to mimeograph-stencils makes the best stencil paper. You may be able to obtain this free from churches, schools or offices using a mimeograph.

\*\*PAINT TURPENTINE - to clean brushes and thin paint for line brush work.

WIPING RAG - soft rag for cleaning brushes (all artists use a wiping rag).

BOARD - on which to work (old bread or drawing board, smooth end of fruit crate, piece of three-ply or masonite, etc.)  
(Square of glass good to cut stencil on.)

CONTAINER FOR MIXING PAINT - jar lids or caps (Kerr or other cap rim jar) old dinner plate, glass coasters, square of glass (needs a large flat surface on which to pound paint into brush.)

\*\*TEXTILE PAINTS - There are several brands of textile paints on the market. I suggest you buy the following colors:  
Red, yellow, blue, orange, green, violet, white, and black.

\*\*STENCIL BRUSHES - one needed for each color as brushes cannot be cleaned well enough to be used in another color without graying it.

\*\*LINE BRUSH - oil paint line brush size 00 is best but any other line brush, toothpick, or pen can be used for lining.

\*\*DESIGNS -

MATERIAL TO PAINT - For the beginner it should be a firm woven cotton or linen fabric. Rayon and other synthetic materials present many problems. Bring piece of material 18 x 12 inches plus hem allowances for your first place mat.

SELECT THE DESIGN YOU WISH TO PAINT. In selecting a design, answer the following questions:

1. Does the design appeal to you? You will do better work if you like the design you are painting.
2. Is the design suitable for the article you wish to paint? Better work and more pleasure will be gained by always painting usable articles instead of practice pieces. Time is wasted in painting rags.
3. Does the design fit the space to be filled?

## MAKING THE STENCIL FOR A ONE STENCIL DESIGN:

Take the oily stencil sheet and your design.

1. Measure the width and height of the design you wish to use and add 3 inches to each measurement. This will give an  $1\frac{1}{2}$  inch margin on either side of the cutout design for strength and to keep paint from getting on your material. Example: Deer is 4 inches high and 3 inches wide. Stencil sheet will be 4 plus 3 inches or 7 inches high and 6 inches wide. Cut this piece from stencil sheet.
2. Draw a heavy center line up and down on the stencil sheet. On the first lesson designs I have drawn the center line. In making a design where the center line is not drawn, hold the design up to the light while you fold it in the center up and down. Trace this line with your pencil.
3. Lay the stencil sheet over the design with the design approximately in the center up and down; match the center lines and thumb tack with two tacks at the top.
4. Copy the design on the stencil sheet by tracing the design through the stencil paper. (If you cannot see the design through the stencil paper, match the center lines with the design on top. Fasten both sheets at top with two thumb tacks, slip a sheet of carbon paper between the two sheets and trace the design.)
5. Lay the stencil sheet on the board and cut out the design with a one-edge razor blade or cutter, following the lines carefully.
6. Take a small amount of turpentine or cleaner on a cloth and wipe around the design of stencil opening to remove the pencil or carbon marks or they will gray your design when you paint it.

## PAINTING INSTRUCTIONS:

Material to paint should be light colored and firmly woven.

1. Preparing material:
  - A. Have material washed and pressed.
  - B. Determine where design is to be placed on material and crease and mark center line with two pins.
  - C. Stretch and thumb tack material to board with blotter under material where design is to be painted.
2. Placing Stencil on material:
  - A. Place stencil on material, matching center lines.
  - B. Fasten at top with two thumb tacks.
  - C. Cover all of material but stencil openings with newspapers.
3. Selecting Colors to Use:

Designs may be painted in any color and need not be the color usually found in nature. Colors in the border of the material or color scheme of the room may suggest colors.

#### 4. Painting Design:

- A. With an applicator stick or toothpick take a drop of paint out of the jar and put it on the cap of a fruit jar lid. With a clean applicator take equal parts of extender and mix the two together with the colored stick. Never mix paint with your brush for you will never want that much paint on your brush. (Extender is a thinner and does not lighten the color.) Use less paint or white if you want to lighten the color. (Extender helps the paint go into the fiber of the cloth and color last longer.)
- B. Take the brush for the color you wish to use. Bring it into the edge of the paint and work into the brush a small amount of paint. Pound the brush outside the circle of paint until the paint is even in the brush. Before putting the paint on the material to be painted brush across the wiping rag to see that the fiber is strained rather than enameled. Every particle of paint should go into the fiber instead of piling on top. This prevents streaks in your painting. Remember that all paint not fastened to the fiber washes out. One of your greatest problems is to learn to stain the fiber, not plaster your design.
- C. With your almost dry brush paint your design with pounding brushing strokes. Start at the stencil edge and go toward the center. A curved or shaded object may be made by brushing darker around the edge and leaving the center white or light. Some designs are more interesting when painted solid.

#### 5. Setting Color:

Most textile paints are more washable if the color is set in the following manner.

- A. Let paint dry at least 24 hours.
- B. Place pressing cloth over ironing board to protect cover.
- C. Place painted material design down on ironing board.
- D. Wring pressing cloth out of water. Place wet cloth over back of design and press one minute. (Count 60.) Use hot iron for cotton, warm for silk, rayon, and wool.

Co-operative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the U. S. Department of Agriculture co-operating.

Prescott, Arizona  
January 13, 1953



Approximately 75 homemakers in the county attended these meetings on color and textile painting. They made place mats, aprons, drapes and dresses for themselves, and their children. Probably one of the most beautiful and unusual pieces painted was a little girl's dress (2 years old) of white batiste with all of the nursery rhyme animals. This was a delightfully decorated dress and one of which the child would never tire. It was truly an original work of art.

### VIII. - HOME MANAGEMENT -

One of the most interesting as well as difficult problems which the homemakers expressed last year at their program planning meeting was "how to remain calm, cool and collected while entertaining unexpected company". This was a most interesting problem in that the Western Regions Survey of 1952 indicated that approximately 50% of the homes had unexpected meal time guests at least once a week. This agent and the Home Management and Nutrition Specialists pooled their resources and decided to divide this problem into two phases.

1. Improved housekeeping practices.
2. Improved food preparation practices.

The first phase, good housekeeping practices, was done through leader training. The second phase, good food preparation practices, was done by the agent.

The aims of the first phase were:

1. For the women to be able to enjoy unexpected, unplanned for guests.
2. To emphasize good housekeeping practices daily.
3. To demonstrate how simple entertaining can be.

The aims of the second phase were:

1. To assist homemakers in being an "easy hostess".
2. To suggest simple food preparation short cuts.
3. To improve nutrition by proper food preparation practices.
4. To teach women to use the broiler portion of their stoves.

Of particular interest to the women was the fact that not only the comic strip "Dagwood Bumstead", but the current homemaking magazines discussed the problems of good housekeeping practices during the same month that they were discussing them. When such a series of coincidences happen the women feel flattered that they have been good observers and planners. Its always nice to know that your problem is a universal one. This gives them added confidence for next year's planning.

The procedure for presenting this material to the women was:

- A. Phase 1

1. A resume of the Western Regions housing survey as it tells the unexpected guest story.
  2. Discussion and demonstration of:
    - a. Silver polishes
      - 1) Making of paste polish.
      - 2) Use of both liquid and paste polishes.  
(Recommendations and precautions were given for both types.)
    - b. Silver storage.
    - c. Ironing of linen. (The differences between double and single damask was pointed out.)
    - d. Storage of linen.
  3. A simple party was given by the agent and specialist.  
(Chocolate brownies baked on the waffle iron and iced tea with frozen lemon slices were served.)
- B. Phase 2
1. Discussion and review of good housekeeping practices.
  2. Discussion of table service.
    - a. Center pieces
    - b. Types of service
      - 1) Advantages
      - 2) Disadvantages
  3. Preparation of foods.
    - a. Preparation of complete broiler meal.
      - 1) Ground beef patties wrapped in bacon.
      - 2) Broiled tomato slices.
      - 3) Broiled onion slices.
      - 4) Seasoned cooked vegetable (in the broiler pan).
    - b. Preparation of white sauce mix.
    - c. Preparation of white sauce from mix.



4. Discuss other short cuts and mixes for the kitchen shelf.

5. Review: Questions, tasting, and general summary.

In general the agent emphasized throughout this two month's project the fact that homemakers want to be able to enjoy guests when they arrive unexpectedly; that the days of the homemaker being a "slave", doing nothing but drudgery, is past.

Another very important point which the women had not given too much previous thought is to never try out a difficult unused recipe for unexpected guests. So often a homemaker will have a nice sounding recipe "tucked away" for first use when she has guests. Naturally she is not and cannot be at ease using a strange recipe. No matter where this fact was mentioned there was a general laugh. Each homemaker had her own recollections of a similar experience.

In discussing housekeeping practices emphasis was given to a routine which suits each household. Routine housekeeping should encourage a place for everything and everything in its place. In this way the home is always more or less presentable.

The agent encouraged the proper use of all the latest time and labor saving devices. She emphasized that it is an extravagance to buy a stove with a good broiler and never use the broiler; to buy a vacuum cleaner with all the attachments and never use the attachments. Homemakers have a tendency to try something new once and decide that it's too much work and too difficult or not worthwhile. An effort was made to stress the facts that planning and practice, although they may take extra time once, pay off in the long run by saving hours of daily drudgery. Too often we hear the homemaker say "I don't have time to plan." In the long run she doesn't have time not to plan and practice to save time and energy.

IX. - HEALTH AND SAFETY -

A. Fly Control

The health project this year was fly control. This year homemakers attacked the problem from a third possible angle. In 1951 community meetings were held, in 1952 cooperative meetings were held, and this year homemakers and the county public health Sanitarian had individual meetings. The Sanitarian showed a film in the life habits of a fly, and then he discussed preventive measures for fly control. Some of the preventive measures recommended were:

1. Good garbage disposal
2. Tight lids on garbage cans
3. Clean garbage cans
4. Proper disposal of poultry manure at regular intervals. (This makes ideal fly breeding places unless carefully cared for.)

The women were astonished to learn that flies are now more or less resistant to all known fly sprays. They realize the difficulties involved in fly control and that they must be ever vigilant. The women also realize the problem which may be caused by one "careless" home and grounds. This family may, and often does, defeat the entire program of fly control but as communities there are still alot of unsolved fly problems also. Yet most of the women as individuals are doing a good job of fly control.

B. Chest X-Ray

Members of the Coconino County Homemakers groups serve as volunteer workers for the Chest X-Ray Unit annually. They are also very careful to see that their entire family has these X-Rays.

C. Cancer

The Homemakers Clubs furnish volunteer workers in the cancer drive annually.

X. - RECREATION AND COMMUNITY LIFE -

Recreation played an important part in the Homemakers clubs this year. Each club endeavored to have some sort of recreation at each meeting.

Three county events were held this year. They were:

1. The recreation portion of the Bi-County Program Planning meeting held at Flagstaff this year. Recreation was directed by the Sedona Homemakers.
2. The Oak Creek-Verde Valley family picnic sponsored by the Sedona Homemakers. Games and songs of every description were participated in by the women. It was fun to watch the expressions on the faces of some of the children present while their parents were participating in the various games.

The values of recreational events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus make it easier for them to work and plan together.
2. They create a pride in each community and their accomplishments.
3. They give women an opportunity to exchange ideas.
4. They let each group see how others do things.

XI. - OUTLOOK AND RECOMMENDATIONS -

The outlook for the Home Demonstration program in Coconino County for 1954 is good. The Sedona Homemakers club is especially active. This club is a leader in all community projects and in fact it is the instigator of a large number of community projects. The Doney Parks Homemakers club has had it's "ups and downs" this past year. However, the agent feels that it is beginning to pull out of the temporary "slump" and is on the upward swing again. The Williams and Parks groups are still unpredictable. The Williams group will undoubtedly continue to be a difficult group to get together. The Parks group has the makings of a good homemakers club. However, during the summer when they can be sure of getting out over the roads most of them are very busy. Nevertheless, efforts to organize a homemakers group in this area will continue.

Probably the biggest problem in Coconino County will be the Indian women. The Indian Service is trying to orient their women into the County Home Demonstration program. At the present time the women from the Navajo and Hopi village of Bellemont are attending leader training meetings, and the agent has given some demonstrations to them in their homes. The Navajo Indian Mission, newly organized in Flagstaff, has also requested the service of this agent. Efforts will continue to be made by the agent to work with the Indian leaders but time will not permit too much specialized work with them.